

Diabetes Prevention  
Reaching the Entire Village

Bibb County AL Diabetes Coalition  
Barbara Terry, RN

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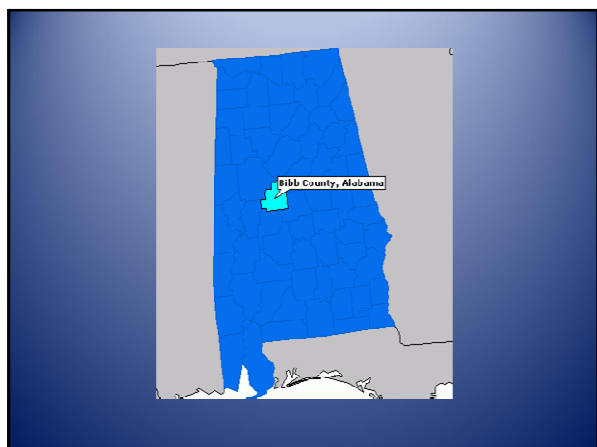
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Services for Students

- Annual in-school health fairs
- Nutrition education classes
- "Walking Break"
- Heart Health Day
- Diabetes Alert Day
- Bike-a-Thon

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## Services for Parents

- Monthly handouts on health promotion
- Adult health fairs
- Walking Groups

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## Services for Our Community

- Mayor's 100 day Walking Challenge
- Community health fairs
- Shopping Matters
- Watermelon Run (The *GRILLED* watermelon was fabulous!)
- Group Lifestyle Balance classes
  - 3 groups currently in progress
  - 9/11 members have reached their 7% weight loss goal and are maintaining. 225 total pounds lost in 15 weeks.

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### Impact of GLB

Below are quotes from the participants:

- "I feel so much better!"
- "The classes *last only* an hour."
- "I look forward to the meetings and the competition!"
- "This is the longest length of time in my life I have stayed on my diet plan."
- "I have not had to have a pain pill for my back pain in 13 months!"

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### Comments about GLB continued

- "My cholesterol is much lower."
- "My doctor was so pleased with my weight loss & lab test results, he gave me a high 5!"
- "My strength & endurance has increased so much."
- "The group meetings are helpful. When you lose weight they celebrate with you. When you mess-up they encourage you to get back on track!"

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### GLB Comments continued

- "My blood pressure medicine has been decreased from two pills to one pill a day."
- "I learned that even though I use a walker, I can still exercise. I am exercising an hour a day, six days a week. My upper body strength has increased tremendously. I have traded my soup cans in for real 2 pound weights!"

- **WE DON'T WANT TO MEET LESS OFTEN THAN ONCE A WEEK!**

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### Gentle Yoga...

We are pleased that one of our members was trained in *Gentle Yoga*. This has really been a hit--even with the males in the group (who were excited--although they misunderstood at first--).

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### Some Negatives.....

Hey, Watch This!

The Broccoli Removal...

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*Making Changes for a Healthier Future  
and a Healthier Community!*



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